

Monday

Greek Chicken

served with Herbed
Grilled Potato Salad &
Cucumber Tomato Salad

470 cal

Thai Shrimp & Peanut Salad

320 cal

Twisted Turkey Wrap

290 cal

Harvest Broccoli Soup

80 cal

Tuesday

Pretzel Crusted Salmon

served with Brown Rice
Pilaf & Sautéed Spinach
with Onions

370 cal

Grilled Asian Chicken Salad

530 cal

Mediterranean Vegetable Wrap

200 cal

Corn & Red Pepper Chowder

120 cal

Wednesday

Chicken Parmesan

served with Whole Wheat
Spaghetti & Roasted
Vegetables

260 cal

Salmon, Barley & Lentil Salad

500 cal

Pork with Broccoli Rabe & Portobello Wrap

360 cal

Autumn Vegetable Soup

90 cal

Thursday

Cajun Turkey
served with Parsnip
Whipped Potatoes
240 cal

**Roasted Squash,
Apple & Chicken
Salad**
420 cal

**Beef & Caramelized
Onion Wrap**
310 cal

Asian Chicken Soup
120 cal

Friday

Pork Tenderloin Stir-Fry

served with Thai Fried Rice & Ginger Carrots

470 cal

Asian Steak Salad

190 cal

Turkey Portobello Melt Wrap

360 cal

Chicken & White Bean Chili

100 cal